57090 Twentynine Palms Hwy,
Yucca Valley, CA 92284
(760) 853-0208

HELLO JUNE

Monday-Thursday 9 am-2pm
Friday 9am-12:30pm

Yucca Valley Senior Center Activity Calendar

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:15 Coffee Time 9:00-noon Thrift Store Day 10:15 Fit & Firm with Shawn 11:00 Lunch 12:15 Chair Yoga w/Jing	3 9:00 Move Well Live Well Balance Class with Joshua 10:00 Healthy Hands 10:30 Posture Class 10:15 Zumba 11:00 Lunch 12:00 Pain & Disability Support Group	4 9:30 Joseph w/ SCAN 10:00 Office of Aging (Bus Passes) 10:15 Pilates w/ Shawn Wear your Favorite Pair Today! 12:15 Chair Fitness	5 9:00 Move Well Live Well Balance Class with Joshua 10:00 Posture Class 10:30 Stretch Class 11:00 Lunch 12:00 LINE DANCE	6 9:15 CHI GUNG 10:15 Bread Giveaway 11:00 Lunch 12:30-5:00 pm Senior Club Bingo	7
8	9 9:00-Noon Thrift Store Day 10-1pm SENIOR BENEFIT ASSISTANCE 10:15 Fit &Firm 11:00 Lunch 12:15 CHAIR YOGA FOR SENIORS	10 9:00 Move Well Live Well Balance Class with Joshua 9-4 Braille Institute Low Vision Program 10:00 Healthy Hands 10:30 Posture Class 10:15 ZUMBA 11:00 Lunch 12:15 Grieving Hearts Support Group Mtg	11 9:15 Coffee / News 9:15 CHI GUNG 9:30 IE❤HP Info 9:30-12:30 TECH TIME 10:15 Pilates w/ Shawn 11:00 Lunch 12:15 Chair Fitness w/Shawn	12 9:00 Move Well Live Well Balance Class with Joshua 10:00 Posture Class 10:30 Stretch Class 11:00 Lunch National Peanut Butter Cookie Day 12:30 Line Dancing	13 9:15 Coffee & News 11:00 Lunch 12:30-5:00 pm Senior Club Bingo HAPPY FRIDAY The 13th	14 FLAG DAY
15 DAD DAY	16 9:15 Coffee/ News 9:00-Noon Thrift Store Day 10:15 Fit & Firm 9:30 Adult Coloring 11:00 Lunch 12:15 CHAIR YOGA with Lara	17 9:00 Balance Class 10:00 Healthy Hands 10:30 Posture Class 10:15 Zumba 11:00 Lunch 11:45 ALZHEIMER'S AND BRAIN AWARENESS MONTH JUNE Lecture "Healthy Living for the Brain and Body"	18 9:15 CHI GUNG 10:15 Pilates w/ Shawn 11:00 Lunch Destiny Hospice BIRTHDAY CELEBRATION Sponsor 12:15 Chair Fitness 11:45-1:15pm Charlie Garcia's Karaoke	19 9:00 Move Well Live Well Balance Class with Joshua 10:00 Posture Class 10:30 Stretch Class 11:00 Lunch 12:00 Pain & Disability Support Group 12:30 BOOT UP IT'S LINE DANCE TIME	20 9:15 Coffee & TV 10:15 Bread Giveaway 11:00 Lunch 12:30-5:00pm Senior Club Bingo BINGO!	21
22	23 9:15 Coffee/ News 9:00-Noon Thrift Store Day 10:15 Fit &Firm FITNESS FOR SENIORS 11:00 Lunch 12:15 Chair Yoga with Lara	24 9:00 Move Well Live Well Balance Class with Joshua 10:00 Healthy Hands 10:30 Posture Class 10:15 ZUMBA 11:00 Lunch 12-1pm REGIONAL COUNCIL ON AGING MTG 11:45 Bird House Painting Craft Class	25 9:15 CHI GUNG 9:30-10:30 MOBILE FOOD PANTRY 10:15 Pilates w/ Shawn 11:00 Lunch Lecture by: MORONGO BASIN HEALTHCARE DISTRICT 11:30 "Men's Health" 12:15 Chair Fitness	26 9:00 Move Well Live Well Balance Class with Joshua 10:00 Posture Class 10:30 Floor Confidence Class– Learn How to get up off the floor when fallen 11:00 Lunch 12:30 Line Dancing	27 9:15 Coffee Time 11:00 Lunch 12:30 –5:00pm Senior Club Bingo BINGO	28
29	30 9:15 Coffee/ News 9:00-Noon Thrift Store Day 10:15 Fit &Firm 11:00 Lunch 12:15 Chair Yoga	HAPPY Father's Day June 15th		YOU'RE INVITED	4th of July Party July 3rd 10am–1pm	

The Senior Center is operated by the Town of Yucca Valley Recreation Dept. For information about our programming and memberships Contact the Senior Center at (760) 853-0208.